

# Mat Strength

## Waterfront Program Center at Lake Johnson Park

Find strength on your mat during this 60-minute power packed, low impact, strength conditioning training session. Mat strength is a functional exercise class for all levels. Utilizing a mat, light free weights, and gravity as resistance, participants will experience the slow burn of working multiple muscle groups at once, focusing on core strength and stability while building endurance, total body strength, and improving balance. Instructor: Danielle Jones

**Dates:** Tuesday & Thursday

#209923 Sept. 19 - Oct. 12

#209924 Oct. 24 - Nov. 16

#209925 Nov. 28 - Dec. 21

**Time:** 12-1 PM

**Ages:** 16 yrs. and up

**Cost:** \$80 Residents, \$95 Non-residents



Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

Lake Johnson Park  
4601 Avent Ferry Rd.  
Raleigh NC 27606  
919-233-2121

